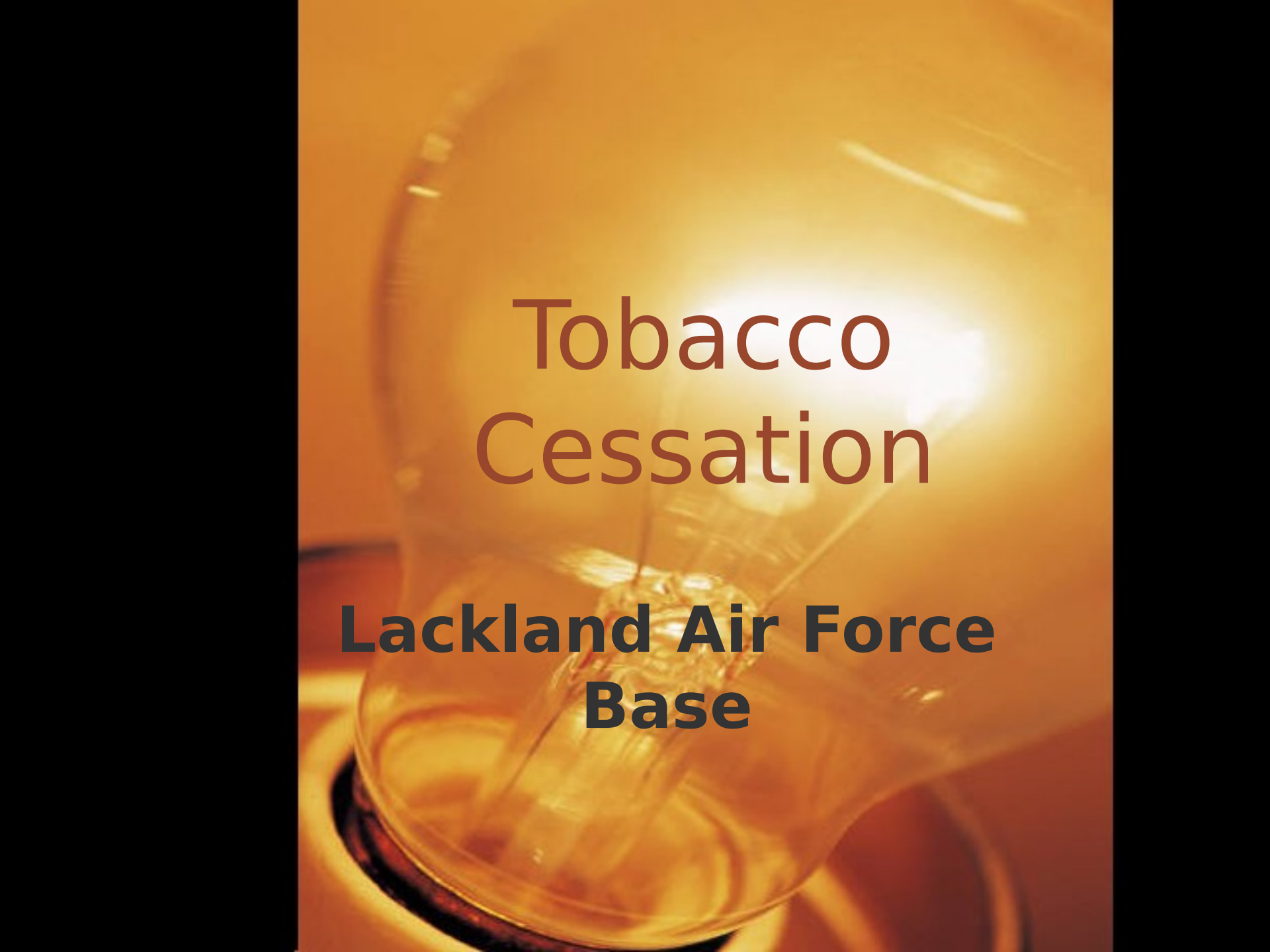




Tobacco Cessation

**Lackland Air Force
Base**



Have You Ever Wondered. . . .?

- Why people use . .
- Why people don't
- How people quit
- Why people don't?



OVERVIEW

- Facts About Tobacco Use
- Fiction About Tobacco Use
- Personal Inventory
- Are You Being Controlled?
- HAWC Challenge

Tobacco Facts

- Nicotine Is Addicting
- Smoking Is A Habit
- Quitting Smoking Can Be Hard
- People Do Quit Smoking
- Quitting Smoking Is A Long-Term Process
- Quitting Smoking Improves Your Health and Quality of Life

A Medical Opinion . . .

“Cigarettes are the only substance sold that, when the user follows the instructions carefully, will result in the consumer becoming toxic, chronically ill, or dead!”





Nicotine Is

***“An intensely poisonous,
addictive alkaloid, the active
ingredient in tobacco, often
used as an insecticide.”***



What do you think it does to you?

Arsenic.

One of 4,000 chemicals found in cigarette smoke.



Don't Do It.  P

worthit.org



Tobacco Fiction

- I Will Gain Weight If I Quit
- I Smoke Because I Like Smoking
- Smoking Helps Handle Stress
- I Now Smoke A Low Tar Brand
- I'm Not Going To Get Cancer
- By The Time I Get Cancer, They Will Have A Cure For It
- Everyone Is Doing It

why smoke?

because your friends
do? to relax? because
you're bored? to fit in?
because your parents
do? to handle stress?



w o r t h i t ?

worthit.org



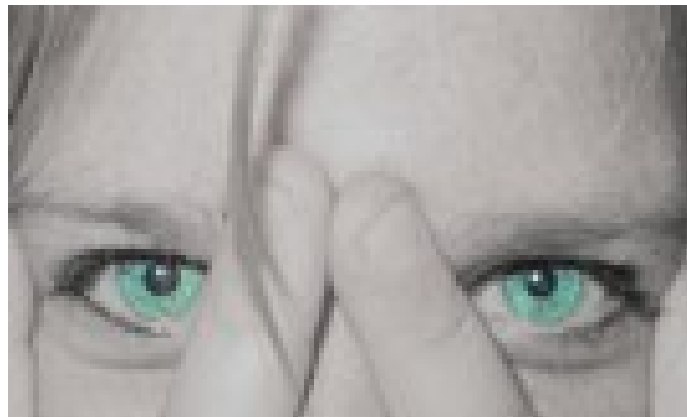
Ask Yourself -

“AM I ADDICTED?”

- I want tobacco the first thing in the morning
- I often smoke or chew without thinking about it
- It bugs me to hear anti-tobacco messages
- I continue to use tobacco even though I know many valid reasons why I need to quit . . .

The HAWC Challenge

**STOP BEING CONTROLLED,
MANIPULATED, AND
RULED BY TOBACCO!!!!**





Tobacco Cessation Classes

- WHMC Tuesday Class
 - 1200-1330
 - 8 weeks
 - Medication Provided
- WHMC Wednesday Class
 - 0800-0930
 - 8 weeks
 - Medication Provided



Tobacco Cessation Classes

- Fresh Start
 - 1630-1800
 - 4 sessions – 3 weeks
 - Session held at HAWC
 - Medication Provided

POC for all tobacco cessation classes is Kathy Thomas at 671-1996.

It's Your Choice

